

The Fort Huachuca Scout®



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Sites Uniform and Papa get connected Page 10

Inside

Summer pests
Ant
invaders.

See Page A3



Decommissioning
Navy
detachment
leaves
post.

See Page A5



Dining Facility
A day in the
life.

See Page A16,
17



Military Idol
Are you the
next
Military
Idol?

See Page B1



Photo by Dan Simon

Protect your squash from the summer heat!

BY COL. JOSEPH MCKEON

COMMAND SURGEON

U.S. ARMY COMBAT READINESS CENTER

Man, is it hot or what? What is “hot,” anyway? I guess it depends on your point of view. What my teenage daughter considers hot, I consider criminal. What a guy from Michigan considers hot, a guy from Alabama considers sweater weather. And compared to July in the sandbox, a sweltering summer day in the Deep South seems like a break. Obviously hot is relative, but here’s my point:

Heat kills, but it also adversely affects mental performance long before it’s deadly. Soldiers ill prepared for the heat tend to perform poorly, and today’s Army is no place for poor performance. You must do everything you can to protect your “squash!”

Mental performance

Have you ever noticed how hard it is to stay awake in an afternoon class when the room’s hot, the instructor’s boring, and you’ve just had lunch? Part of the problem is the boring instructor (but you stayed awake in the morning); another issue is lunch (all that blood flow is going to your gut to digest that super-sized value meal); and another factor is what we call the circadian trough (the time of day when everyone’s sleepy). But the hot, stuffy room is a big piece of the puzzle. We just don’t perform as well mentally when we’re in a hot environment. It’s no wonder much of the world takes a siesta on hot, non-productive afternoons.

The upper limit of heat exposure for unimpaired mental performance is about 85 degrees

wet bulb globe temperature for an individual working outdoors 2 hours or longer. (This condition is at the bottom of the “yellow” range and is a relatively modest heat threat.) So, even with proper work and rest cycles and adequate hydration, Soldiers in hot environments will suffer mental performance degradation that could affect the mission.

Continuous, repetitive, boring tasks tend to be affected most by degraded mental performance. Driving in a convoy in the afternoon with K-pot and body armor on with an outside temperature well over 100 degrees fahrenheit immediately comes to mind as an example. With the hazards that exist from man, machine, and environment, a convoy movement isn’t the best time for your mental performance to suffer. Leaders must take these factors into consideration when planning operations in hot conditions.

Vigilance

Vigilance is one of those fancy words that means being alert, watchful, or paying close attention. Vigilance is affected negatively by heat, which isn’t a good thing — especially in a combat theater. Many military activities require Soldiers to be watchful and alert for extended periods of time. Performing sentry or fire guard duty, surveillance activities, monitoring instruments, and operating a vehicle all demand vigilance. Temperatures higher than 85 degrees Fahrenheit with 63 percent relative humidity affect the vigilance of Soldiers, even those well acclimatized to the heat. It’s important that commanders recognize this limitation and take steps to ensure their Soldiers get adequate breaks from extended duties.

An extra set of eyes also will help mitigate these effects. Don’t set your Soldiers up for failure!

Changes in sleep behavior

Sleep, like food and water, is necessary for

health. Humans can go short periods of time without sleep, but eventually a sleep debt will build up and must be paid. A restful night’s sleep lets the brain restore itself, thereby allowing the individual to perform at their maximum ability.

Everyone reading this article probably realizes that sleeping in a hot environment affects their sleep in a bad way. Humans acclimatized to heat stress actually increase their physical performance (think about summer football practice and how much “tougher” you were when the season started). Sleep patterns, however, don’t improve over time in a hot environment because sleep quality and effectiveness are reduced at high temperatures. In fact, studies have shown that heat is more disruptive to sleep than noise! In hot environments you don’t wake up as rested as you should, and your performance suffers as a consequence.

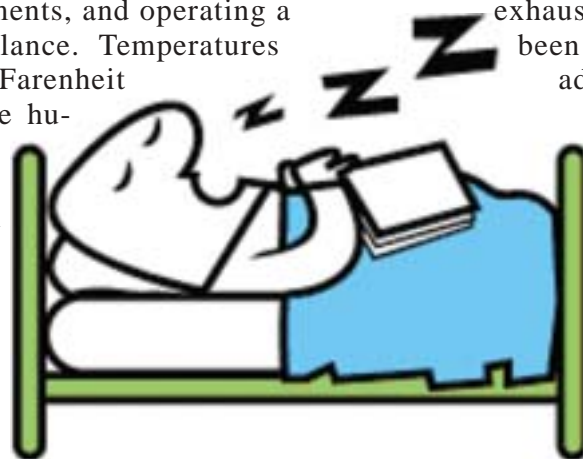
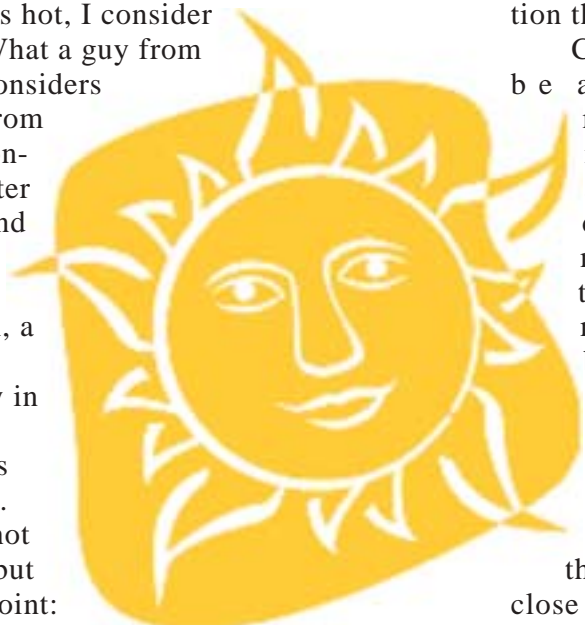
Leaders must do everything in their power to provide a cool, protected environment for their Soldiers. When that isn’t possible, leaders should plan ahead for possible performance lapses due to fatigue and mental exhaustion. The unit’s risk assessment also should reflect the increased hazard of fatigue.

Conclusion

There you have it. Heat cramps, heat exhaustion, and heat stroke have been described frequently, but the adverse effects on cognitive abilities often aren’t discussed. Living and working in a hot environment has a significant impact on human sleep patterns, work ability and cognitive function. Simply put, you have trouble sleeping and paying attention, and you also aren’t as smart as usual.

Stay cool, and make sure you take these factors into consideration when planning your next convoy or mission!

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The Fort Huachuca Scout

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Photo by Sgt. Joy Pariente

Helicopters visit

A Chinook helicopter arrives at Libby Army Airfield Friday. Three of these aircraft arrived with cargo to support Joint Task Force North operations in the local area.

Ants, mice, and monsoons in southwest Arizona

BY LT. MATTHEW RIED

MEDDAC ENVIRONMENTAL OFFICER

Many facilities on post are experiencing ant problems, and they will likely get worse in the near future. In an effort to quell this problem before the rains start this monsoon season, here is some helpful information.

Food, water, and shelter are the staples for any pest associated with humans. Whether they are big or small, people provide these things that critters need to survive. They look for these items constantly, and in our desert

environment, they are often hard to find. Once food, water or shelter is discovered, these pests will not travel far away from them, and getting rid of them can be quite a challenge. Therefore we must do all that we can to ensure these three staples are inaccessible to pests. It is imperative that everyone is conscious about their environment and what is in it. Any water or food sources in the workplace or at home could attract ants, rodents and a multitude of other nasty bugs that can cause us serious problems.

Food should be limited in the workplace and kept

only in designated break areas. It should be kept in tight fitting, impermeable containers, such as Tupperware or coffee cans with lids. Break and work areas should be cleaned daily. Desks, lockers, and closets will not deter these critters, so resist the temptation to hide snacks in your work areas. Bugs like to use cracks and crevices in the walls and throughout your facility to gain entrance and move within the building. Now, and in the future, we will all need to be diligent in ensuring that our areas

See **MONSOONS**, Page A14

309th MI Battalion sergeant reenlists in grad ceremony

BY MASTER SGT. CHARLES BRANDON

CONTRIBUTING WRITER

Two core responsibilities of the non-commissioned officer are to lead the way and to set the example. Sgt. Thaddeus D. Stokes of A Company, 309th Military Intelligence Battalion displayed both of these

values when he reenlisted in front of more than 100 advanced training graduates in a ceremony held June 23 at Eifler Gym.

Both Stokes, and the presiding officer, Lt. Col. Thomas Lee Miller, are combat veterans with the 82nd Airborne Division. Prior to administering the oath of reenlistment, Miller called all Soldiers wearing the 82nd Airborne combat patch for-

ward to stand with Stokes as he reenlisted.

"It was good that he (Miller) did that," Stokes said. "The 82nd is kind of a brotherhood, it made me feel good. We showed the young Soldiers that just because you go to Iraq, it's no reason to get out."

Although he didn't get a big bonus or station of choice or any other reenlistment option, Stokes explained that he got what

he wanted, to continue to serve and stay in his current MOS 42L, Administrative Specialist. "Being in the Army has allowed me to further my education," said the five-year veteran, "I need one class to get my associates degree, and then I'm going after a bachelor's in human resources man-

See **REENLISTMENT**, Page A14

NETCOM senior enlisted leaders meet, discuss critical issues

BY GORDON VAN VLEET

NETCOM/9TH ASC PAO

March saw a gathering of eagles when commander's assigned to the Network Enterprise Technology Command/9th Army Signal Command flew in from across the globe to attend the NETCOM/9th ASC Commander's Conference, and just recently, the gambit was complete as NETCOM/9th ASC sergeants major from around the world converged here for a similar conference.

Focusing on the War on Terrorism and Army Transformation, NETCOM's Command Sgt. Maj. Ronald Desjardins said this year's conference resulted in the attendees sharing a lot of useful information. "Even more than last year it seemed that NETCOM's senior enlisted leaders had more questions and more information to share," he said. "The Army is changing and it's changing at a fast pace. Our conference allowed these

enlisted leaders to receive as well as share a vast amount of information. There is no better forum out there for our senior Signal noncommissioned officer leadership."

Pulling all the stops, the conference was attended by several Army senior leaders. "Speaking on Army Transformation, we received an excellent brief from the Army's Chief Information Officer/G-6, Lt. Gen. Steven Boutelle," Desjardins said. The CIO/G-6 told the audience to be ready, because the Army is in this for the long term.

In all, each speaker at the conference gave useful insight from their perspective of how the transformation is taking place and what we can expect in the future.

Another important topic presented was lessons learned from SouthWest Asia. "Now that we've had several rotations of our units take place, there are a lot

See **LEADERS**, Page A11



Photo by Eric Hortin, NETCOM/9th ASC Public Affairs

Sgt. Maj. of the Army Kenneth Preston speaks before a gathering of sergeants major during the NETCOM/9th ASC Command Sergeant Major Conference from June 20-23.

Army programs combat rising divorce rate

ARMY NEWS SERVICE

An increase of divorces among active-duty Soldiers has Army chaplains undertaking a number of programs to combat the rising trend and help Soldiers cope.

Divorces among officers tripled from fiscal year 2002 to 2004, according to statistics compiled by the Defense Manpower Data Center. After Operation Iraqi Freedom began, there was an increase of 3,024 divorces Army-wide.

"These statistics are a sign of a loss of

a dream. People don't get married to divorce," said Army Chaplain Col. Glen Bloomstrom, director of the Ministry Initiatives Directorate for the Office of the Chief of Chaplains.

Several programs now help Soldiers cope with life and parenting after divorce. Divorce care support groups and divorce parenting classes are mandatory for Soldiers at Fort Hood, Texas.

"We recognize [Soldiers] come because they are required," said Lt. Col. David Scheider, director of the Family

Life Chaplain Training Center at Fort Hood. "But it is difficult to get time off on a duty day, so the requirement makes leaders willing to let them go."

Also available is Army One Source, which is a toll-free nationwide number as well as a Web site that allows Soldiers to contact a consultant regarding life's issues. Through this service, Soldiers and their families have access of up to six in-person counseling sessions at no cost to them.

Although deployment is an indicator of the stress on the force, both Bloomstrom

and Scheider agreed that the problem is that many couples do not have the skills needed to make their marriage work. "Anytime there is a lot of stress, there is a higher opportunity for people to stray," said Scheider.

Marital skills have been studied by researchers at the University of Denver. The study was funded by the National Institute of Mental Health through the Prevention and Relationship Enhancement

See **DIVORCE**, Page A15

Death of Fort Huachuca trees causes concern

BY SGT. JOY PARIANTE

SCOUT STAFF

The rise in tree mortality in the post's urban forest environments is causing ecological concern. There has recently been a 70-percent tree mortality rate in post housing areas, said Frank Hammond, installation forester.

The post's urban forest environments, which are the groupings of trees throughout the cantonment areas, have an overall mortality rate of 50 percent, he added.

Post officials are seeing some scattered mortality in the water stressed forests deep in post canyons and in the mountains, but nothing overly significant, Hammond said.

So what is causing this massive loss of post foliage? Lack of water is the undoing of these leafy post inhabitants, Hammond said. Southern Arizona is in the middle of a long-term drought, expected to last for at least the next two decades, he explained. Unlike grasses, which go dormant when there isn't enough moisture, trees need some sort of water all year round, especially during their first two to three years, when they're establishing themselves.

Due to the transient lifestyles in the housing communities, trees and shrubs often go through many different caretakers, said Robert Bridges, post ecologist. Some homeowners may water their trees thoroughly and routinely, while others may water improperly or not at all.

When trees, even drought resistant trees, become accustomed to receiving large amounts of water, they grow larger canopies and form farther reaching root beds, Hammond explained. When the tree can no longer get the amount of water they're used to, they can no longer support such a lush canopy and they slowly begin to die, he added.

Improper watering is also a culprit in these heightened mortality rates, stressed both Hammond and Bridges. Trees need to be watered at their drip line, not at their trunk. The drip line is the point where the canopy ends and is usually where the roots spread to, in order to absorb any water falling from the leaves. Hammond said he has seen many cases where the trees need water so much that the roots spread far away from the tree trying to find it.

The post is working on developing a plan "to balance quality of life with conservation," Hammond said. Qual-

ity of life concerns include shade and aesthetics provided by foliage. Conservation concerns include keeping water use at a minimum by using drought resistant trees and controlled but sufficient watering, he said. Many of the trees here, such as cottonwoods and various wildflowers, are non-native plants and use far more water than the desert has to offer, he said. Cottonwoods primarily grow near creek beds to satisfy their water needs, Hammond explained. Non-native plants (with their excessive pollens) are also credited with bringing down the "great air" quality that Arizona used to be known for, he added.

Even though grass is only watered on post from May to June, trees and shrubs need to be hand watered all year long to become established and to survive, Bridges said.

While keeping trees on post is a concern, mortality overall is a natural occurrence, especially for non-native species, the forester said. "It's part of the natural scheme of things," Hammond said, "things die off and things are reborn." If we weren't here caring for the non-native plants, Hammond explained, the plants wouldn't be growing here at all.

Wild animal safety precautions for post residents

BY JOHN E. ROBERTS

ENVIRONMENTAL AND NATURAL RESOURCES
DIVISION

Fort Huachuca is a great place to live and work and one of the greatest benefits of being here is the opportunity to experience the great diversity of wildlife. Your children have the chance to learn about wildlife not just in books, but in their own front yards. Let's all do our part by keeping the family pet and associated food and water out of the urban wildlife picture.

We also have the opportunity to experience many diverse environments from desert scrub to evergreen forests here. In doing so, there are a few things that should be understood while enjoying the outdoors, which when followed, will

ensure an enjoyable and safe experience.

Bears and mountain lions are majestic animals that inspire awe but are also a potential danger to people, pets and property. Residents in Fort Huachuca's housing areas and recreationists in the mountains are likely to have an opportunity to see bears and/or mountain lion activity close at hand.

Black bears will eat almost anything but their diet primarily consists of vegetative matter, which makes up between 80 percent and 95 percent of the diet. In the fall, the main sources of bear food are berries, mushrooms and acorns, and meat sources when available.

Fall is a crucial period as far as nutrition is concerned, in that sufficient reserves of fat must be built up for the winter. This is particularly important for

those females, which are going to be suckling young during the winter hibernation.

In this part of Arizona, hibernation usually occurs from November through April, but this period changes depending upon winter temperatures. As hibernation ends and the bears emerge, the first thing they seek is food and water. If it's not available in great enough quantity, we begin to see the bears around our dumpsters, trash cans, and picnic areas. In order to protect the bears, we must do everything we can to ensure we aren't encouraging this activity. If we don't provide a source of food and water, the bears will look elsewhere.

Mountain lions, also called cougar, panther, puma, or catamount are strong territorial hunters, who like most cat

species, are active both day and night depending upon the success of the hunt.

As carnivores (meat eaters), mountain lion's are very secretive and are rarely seen by humans. When they are it's only a glimpse. The mountain lion's primary source of food is deer and small game, and they are not a threat to people unless provoked, cornered, protecting their young, or starving. But like any wild animal, they are often unpredictable and when an encounter occurs, or to prevent an encounter, the following steps should be taken (this applies to bear encounters as well). Some of this information is repeated here but is necessary to reinforce the importance of the information:

* Do not leave any source of food or

See **ANIMALS**, Page A11

Navy detachment sets sail from Fort Huachuca

BY SPC. MARCUS BUTLER
SCOUT STAFF

The Center for Information Dominance Detachment on Fort Huachuca is closing its doors after 12 years of service as of July 8.

"The Naval Detachment here has done magnificent work during its tenor here," Maj. Gen Barbara Fast, commanding general of Fort Huachuca, said in her remarks during the decommissioning ceremony. "This shows that it is a joint effort and that we are all in this together."

The Sailors attended three main courses offered by the United States Army Intelligence Center and Fort Huachuca.

These courses were Basic and Advanced Morse Interceptor Operator, High Power Workstation Operator and Basic Installer Course.

Before the detachment was known by its current name, it was also known

as the Naval Technical Training Center Detachment in 2003 and then to the Center for Cryptology Detachment.

"With all good things, changes will come, not an end but change," Chief Warrant Officer Mark C. Countryman, Sr., officer in charge of the unit, said.

This move was strictly a business move, said Countryman. It will reduce the cost of travel by more than \$100,000.

The detachment will be relocating in Pensacola, Fla.

"During my stay here, the Army has been an excellent host by going above and beyond for whatever we needed as well as the other services," Countryman said.

This move is setting the rest of the world in the Signal Intelligence community, Fast said.

There is a lot to celebrate because it is a joint effort in training and operations that are greatly needed to derail the movements of the enemy Countryman said.

Even though the Naval detachment is leaving, there was always a focus on readiness. During its 12 years here, the Naval detachment has trained more than 1,135 Sailors,

greatly augmenting the fleet.

During the final moments of the ceremony, the Navy flag was lowered for the final time and the log closed and passed to Countryman.



Photo by Spc. Marcus Butler

The Navy colors are lowered for the last time during the decommissioning ceremony for the Center for Information Dominance Detachment.

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Iraqi Army activates new 5th Brigade

ARMY NEWS SERVICE

The Iraqi Army activated its 5th Brigade, 6th Division during a ceremony at Muthana Airfield recently.

Iraqi soldiers in the eight-week long program received tactical and strategic training to allow them to defend their country against enemy threats.

"This is an important day for the people of Iraq," Maj. Gen. William G. Webster Jr., Task Force Baghdad commander, said. "These men before you are all volunteers and have sworn to defend Baghdad."

"All of the TV stations are here so that the people can see the ceremony," Iraqi Army Col. Mohamed Hashim Al-Musawy, the 5th Brigade, 6th Iraqi Army, said. "As our training goes on, the citizens, houses and the streets of Iraq will be safe. If the U.S. forces keep helping us in our training, we will control the Iraqi streets and we'll protect the citizens from the explosions the terrorists make against the Iraqis."

The newest Iraqi Army brigade will be responsible for defending the Green Zone

and surrounding areas in Baghdad.

"I think they will play a vital role in the freedom of Iraq and Baghdad. With these Soldiers, they will show the American and Iraqi people that they are up to the task and can handle the job," Command Sgt. Maj. Robert Taylor, 6th Squadron, 8th Cavalry Regiment, said.

The brigade, made up of more than 2,500 Iraqi Soldiers, began training April 18 at Muthana Airfield. Soldiers from 6th Squadron, 8th Cavalry Regiment and Headquarters and Headquarters Company, 4th Battalion, 64th Armor Regiment worked with the fledgling Iraqi Soldiers.

"They have trained hard and worked hard to get where they are at today. The activation ceremony was a turning point for the brigade from training to actually doing patrols and securing the Green Zone," Taylor said.

Soldiers were trained on a variety of tasks that they will use on the streets of Baghdad, such as reflexive fire, basic marksmanship and clearing rooms.

"I feel proud that the Iraqi soldiers can



Photo by Staff Sgt. Raymond Piper

An Iraqi woman throws confetti as Iraqi soldiers from 5th Brigade, 6th Iraqi Army Division pass in review during a June 29 activation ceremony at Muthana Airfield.

defend the country of Iraq," Mohamed said. "I hope God will make them brave and keep them safe. We have soldiers that are very young, and we thought that they might fail, but because of the Americans that gave us

good training they made it."

Mohamed added that the Iraqi Soldiers now feel proud to be a part of the Iraqi Army.

See **BRIGADE**, Page A14

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Be prepared and get trained

AMERICAN RED CROSS NEWS RELEASE

In the wake of the bombings in London last week, the American Red Cross Southern Arizona Chapter emphasizes the importance of every family and workplace being well prepared for emergencies and disasters.

Disasters can happen anywhere, anytime and often when people are least prepared. Although we hope that similar events, to what we have seen in London, will not happen in

southern Arizona, we still have to take precautions.

“It is upsetting to hear that bombing victims in London were trapped for several hours waiting for emergency help” Richard White, executive director of the American Red Cross Southern Arizona Chapter, said. “This further reinforces the need for CPR and First Aid training, which will enable people to help family members and colleagues until First Responders arrive on the scene.”

The American Red Cross urges

all families and individuals to get trained in life-saving skills. Red Cross can train your employees right in your workplace. We can also show you how to assemble a 72-hour survival kit as preparation for large-scale emergencies.

The American Red Cross Southern Arizona Chapter offers classes in CPR and First Aid year round at several locations. For more information about the training or to sign up for a class visit our Web site at: www.sazredcross.org or call: 520-318-6872.

It is upsetting to hear that bombing victims in London where trapped for several hours waiting for emergency help. This further reinforces the need for CPR and First Aid training.

**Richard White,
Executive Director, American Red
Cross Southern Arizona Chapter**

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“Do-it-yourselfers” save post \$70,000

BY DAN SIMON
SCOUT STAFF

As most homeowners know, sometimes it's better to do things yourself. You don't have to worry about dealing with contractors, you can set your own schedule, and you can also manage to gain experience that helps make you more effective in the future.

Not to mention you can frequently save a bundle!

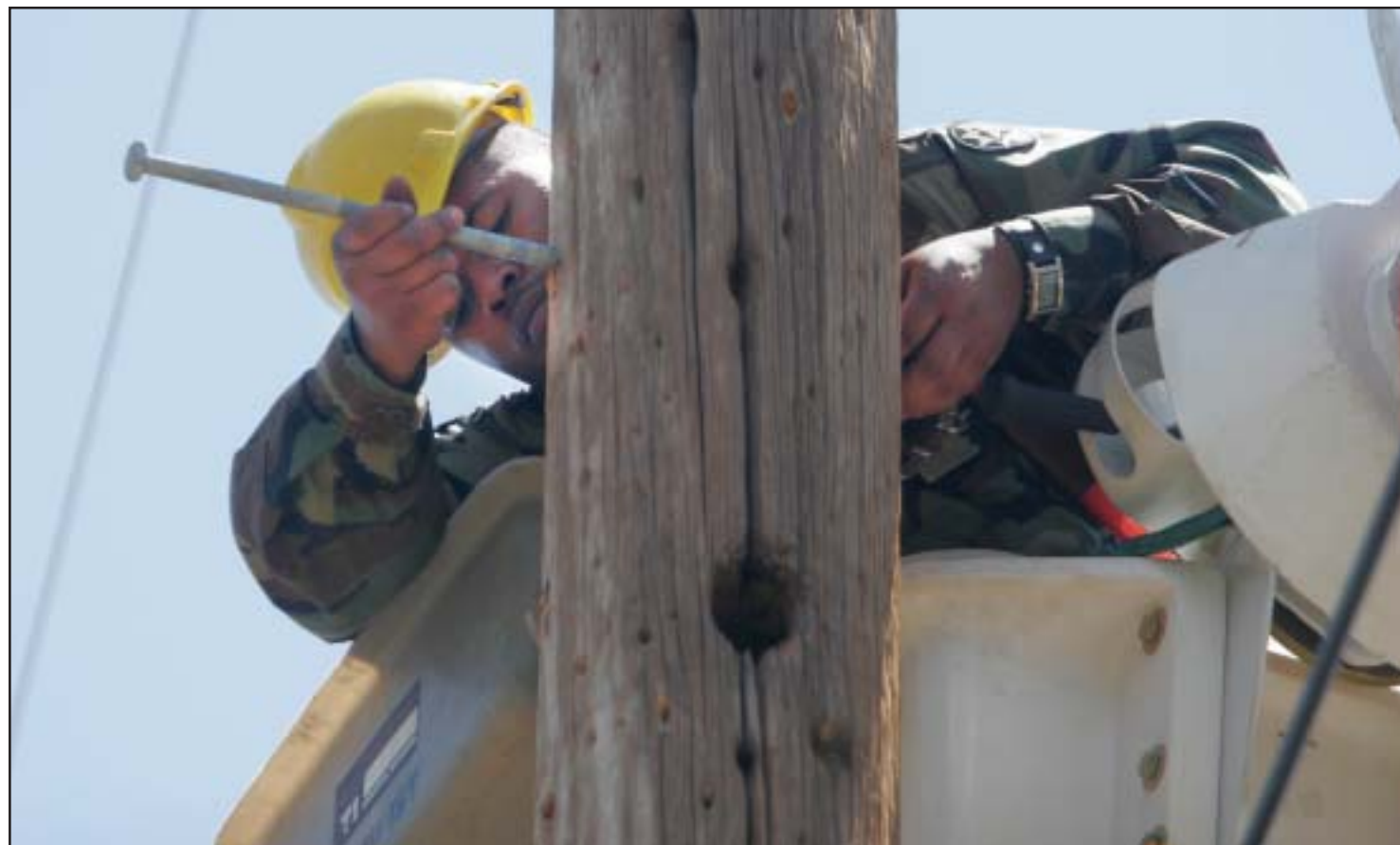
Soldiers from the 518th Tactical Integration Networking Platoon and 69th Cable and Wire Company, attached to Headquarters, Headquarters, 504th Signal Battalion, helped prove that point here, when the units saved the post about \$70,000 by establishing connectivity between sites Uniform and Papa in Garden Canyon.

The effort, which took them about two weeks, also got the unit “out of the house” so to speak.

“It was good training for us,” Staff Sgt. Eugene Darby said. “It got us out of the platoon area where we'd normally be doing motor pool type stuff.”

The Soldiers installed both phone cabling and fiber optics for Internet access at the two sites. The job was originally supposed to be done by outside workers.

“Originally we estimated the cost of this project to be about \$80,000,” Lt. Col. Erasmo Martinez, director of the Digital Training Office, said. “We were going to contract it out, but were



Pfc. Michael Washington, with the 518th TIN Platoon, positions a bolt. The hardware installation will then support phone and fiber optic cabling connecting Sites Uniform and Papa.

running into problems. If we had contracted it out, we would have gone over our limits.

“This achieves synergy, using Army manpower to save money and give training for military personnel. We needed the connectivity to maintain the post's fiber optics and improve training for us.”

Material costs for the project ran around \$9,000, about the same as if the job was contracted out, Martinez said. The savings came in using military manpower. Labor is normally the most expensive part of such a job, he added.

“They're laying about 7,000 feet of cable,” Martinez said. “There's fiber optic and about 7,000 feet of copper wire for telephone lines.

“The beauty of it is these guys are experts at what they do. It's great to watch them work.”

Connecting the two sites is important because they play a heavy role in helping prepare Soldiers for duty in the Global War on Terror.

“We train the Army's human intelligence Soldiers there,” Martinez explained. “It's a very critical focus of the war right now. They're either in Iraq or going to a unit going to Iraq, so this is very critical.”



Spc. Carolyn Reeves, with the 518th TIN Platoon, watches a hardware installation instruction.



Photos by Dan Simon

Soldiers test their equipment.

LEADERS, from Page A3

of lessons our senior NCO leadership has learned and can pass on to each other,” Desjardins said. “When you mix transformation in with these deployments the feedback from the units is invaluable.”

Taking place alongside the annual NETCOM/9th ASC Soldier and NCO of the Year competition, it wasn’t just the conference attendees learning important information during the conference.

“Although it’s a lot of work, the results speak for themselves. At both the icebreaker and the awards banquet, we saw both the present and future NCO leadership of the Army,” Desjardins said.

“By having these events take place at the same time, there were more chances for sergeants major to interact with these outstanding young Soldiers.”

Providing opening remarks, the commanding general for NETCOM/9th ASC, Maj. Gen. James Hylton, challenged each and every sergeant major to ask themselves the tough questions and share their perspectives. Talking about the changes on the horizon, the general told the group; “It’s (Army Transformation) going to put increased pressure and responsibility on our Soldiers. Whatever we do, we

have to have the technology to put it into the new organizations.”

The Army’s senior enlisted leader, Sgt. Maj. of the Army Kenneth Preston, attended the opening of the conference and said, “There is a lot of structure carried over from the Cold War in today’s Army, and we’re going to take Soldiers out of those units and put them into the units we need.” The SMA said this will help create less high density, low demand units and more low density, high demand units. “We’ve done more in the last year-and-a-half to make the Army better.”

The conference ended with the

NETCOM/9th ASC Soldier and NCO of the Year awards banquet. Many of the competitors sat with their respective command sergeants major, anticipating the outcome of the weeklong competition. During the banquet, Desjardins said this year’s conference exceeded all his expectations; but he also challenged everyone with his thoughts on next year’s conference, saying next year will see even more changes, more deployments, and more expectations on the Signal community, but with the caliber of the enlisted leaders in Signal, he knows the job will get done.

ANIMALS, from Page A4

water, to include pet food, in the vicinity of your quarters after sunset. Do not put garbage out the evening before pickup during bear/mountain lion activity periods. After garbage pick-up, bring your containers inside as soon as possible. Bring pets in at night unless they are in a kennel with a secure top. Keep the area around your quarters well lighted. This will tend to keep predators away, but if not, at least you’ll have a chance to see them before they get too close. Always keep a close eye on your children at dusk and during early morning hours. This is primarily the time of day that predators hunt.

* Avoid hiking alone, especially during dusk and dawn. Make plenty of noise while you hike so as to reduce the chances of surprising a lion/bear. Always keep children in sight while you hike and within arms reach in areas that can conceal a lion. Hike with a good walking stick; this can be very helpful in warding off an attack.

* Do not approach a bear/lion, especially if it is

feeding or with its young. Most wild animals will avoid a confrontation so give them a chance to escape. If you do find yourself in a threatening situation STAY CALM and face the bear/lion. Do not run because this may trigger the instinct to attack. Try to appear larger by raising your arms over your head and talking loudly. If present, pick up small children so that they don’t panic and run. This will also make you appear larger. Avoid bending over or crouching. Slowly back away until the animal is out of sight and find a secure shelter as soon as possible. A car, outhouse, or any structure that may prevent additional encounters is better than being in the open. Scream like the dickens for help and wait for it! Don’t Run!

* If you are attacked fight back with all you’ve got. Throw sticks, rocks or anything you can reach without turning your back or bending over. If all else fails, protect your head and neck and continue to fight off the attack. People have successfully

fought back and sent the bear/lion fleeing.

This information is provided to make everyone aware of our natural surroundings and to be smart in our enjoyment of living here and appreciating the Huachuca Mountains and its wildlife. mountain lion and black bear encounters are extremely rare but as people continue to encroach upon their natural habitat these encounters will increase. The last reported bear attack on a human in the Huachuca Mountains occurred in the late 1880’s, so it’s just a matter of being aware of the environment while enjoying the benefits of living in such a diverse landscape. Should a black bear or mountain lion be sighted, we ask that you inform either the Military Police Station at 533-3000 or the Environmental and Natural Resources Division at 533-1867, 533-7084, or 533-7083. By following these simple guidelines we will all benefit, man and animal alike, and have a great wildlife and outdoor experience while living on Fort Huachuca.

Advertisement

Range Closures

Today – AA, AB, AC, AD, AG, AK, AM, AU, AW

Friday – AA, AB, AC, AD, AG, AH, AK, AL, AR, AU, AW

Saturday – AB, AC, AD, AG, AM, AU, AW, T1, T1A, T2

Sunday – AB, AG, AU, AW, T1, TA, T2

Monday – AB, AC, AD, AG, AU

Tuesday – AB, AC, AD, AU, AW, T1, T1A, T2

Wednesday – AB, AC, AD, AG, AH, AI, AK, AL, AU, AW, T1, T1A, T2, T3

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Ed Center

The Education Center counseling services will not be available from today through Friday due to mandatory training and leave. Limited services will be available until their return. The counselors will return on Monday at 7 a.m. For more information, contact the Education Center at 533-3010.

Vet clinic

Effective Monday, prices of certain medications, vaccines, and services will increase at the Fort Huachuca Veterinary Treatment Facility. This is due to increasing costs of supplies.

Germany Orientation

Army Community Services is offering Germany Orientation at 4:30 p.m. on Wednesday at the Thunder Mountain Activity Centre. Admission is free, but register at ACS by calling 533-2330.

For more information, call Pamela Allen at 533-5919.

Installation retirement ceremony

The next Installation Retirement Ceremony is scheduled at 7 a.m. on 29 July, at Chaffee Parade Field. This ceremony is open to all military and civilians who are retiring. A mandatory rehearsal for retirees is scheduled for 7 a.m., July 28, also at Chaffee Parade Field. If you are interested in participating in this ceremony, contact the USAIC&FH Protocol Office at 533-1232 to fill out an information sheet to register or Suzette Krusemark, DPTMS, 533-3185, email: suzette.krusemark@us.army.mil. The last day to register to stand in this ceremony will be 19 July 2005.

Newcomer orientation

Army Community Service wants to welcome newcomers to the Fort Huachuca community. The Huachuca Welcome - a newcomer's orientation - is scheduled for 9 a.m., July 29 at Murr Community Center.

The orientation will provide information about the installation and the community. A tour of the post is provided.

Pre-register by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Road construction

The Directorate of Public Works contractor, All Star Services, will be replacing the culvert on Allison Road. Work will be completed by August 1. Allison Road will be closed to all traffic from just past

the Lakeside Club Road to Winrow. A portion of Squire Road from Winrow to Allison will also be closed. Every effort is being made to ensure a smooth and trouble-free project and the DPW appreciates your cooperation and patience during this construction. For more information, please contact Eric Gabel, 533-1443.

Ammunition amnesty program

The Ft. Huachuca Ammunition Amnesty Program is intended to ensure maximum recovery of ammunition items. It is not intended to circumvent normal turn-in procedures. The program provides a safe and efficient means to return found ammunition to the ammunition supply point.

Ammunition and explosive items found on post, except small arms ammunition like .50 caliber, are considered hazardous and will not be moved by untrained personnel. The Military Police must be contacted immediately. Once the MP's determine the item(s) to be safe, the item(s) will be transported to the ASP and turned in during duty hours. After duty hours, the item(s) may be placed in the amnesty box located in front of building 13524 at the ASP.

Commanders will establish and implement an Ammunition and Explosive Amnesty Program that does not intimidate an individual or prevent an individual from freely turning in ammunition.

For more information, call the ASP at 533-3350/2512 or the Quality Assurance Specialist Ammunition

Surveillance at 533-1843.

Mandatory company commanders course

Are you a company commander or are you slated to take command of a company soon? If so, you are required to complete the Installation Company Commanders Course prior to assuming command. In accordance with Fort Huachuca Regulation 380-1, dated 28 April 2000, all company commanders must complete the Installation Company Commanders Course within two months of taking command (all first sergeants are encouraged to attend). The next company commanders course will be held from 6 to 8 Sept. Registration forms must be received by August 24 to be enrolled for the course. Class size is limited. Contact your S3's for registration and acknowledgement enrollment forms or Suzette Krusemark, DPTMS, 533-3185, suzette.krusemark@us.army.mil.

New announcements on AKO

The Department of the Army and Training and Doctrine Command are proud to announce the hosting of a new community site on AKO that will periodically announce the release of new or revised warfighting doctrinal publications (Field Manuals, Joint publications, Allied Joint publications, and Multi-Service publications). This is an effort to ensure Soldiers are aware, and have immediate access to the most current doctrinal publications published.

Chaplain's Corner

Springtime in the southeast Arizona Theatre of operations, part six

BY CHAPLAIN (CAPT.) SCOTT DANIEL

504TH SIGNAL BATTALION CHAPLAIN

This article is a continuation from the 27 edition of The Fort Huachuca Scout, published July 7.

We have the ability to look forward and hope for something better because of all the good

things that God has provided for us in the past. Come on, there had to be a few. You remember don't you? That time when He provided for you in a magnificent way beyond your imaginings. When you were rescued from that hopeless situation. Or maybe when you just enjoyed a period of time when there was nothing terrible going on or anything fantastic for that matter. All was just calm and

peaceful. Those are the supports of faith.

One of these days I will be on my way across an ocean or across the country, fully prepared to inflict thoughts such as these on another unsuspecting group of soldiers. Many of you will forget my face and name in a matter of a few hours or weeks or months. That is ok. My ego is not big enough to be hurt by that. But I

hope you will remember my words. God is ready to do great things for you and in you, and with you. He loves you with a strength you cannot imagine and has a plan for your life that will result in your fulfillment, joy, and salvation. But you need to make sure that you remember Him. Remember to seek Him. Remember to trust Him. And He will remember you.

Advertisement

MONSOONS, from Page A3

are trash free, and not an appealing area for these pests. If ants do find your area, take the following steps:

- 1) Determine where they are coming from (this is easiest to do when they are in large numbers - follow the "trail").
- 2) If they are coming from a hole or crack in the building, place a work order to repair the hole.

- 3) Clean the area with a light bleach solution or a cleaning solution after you discover their port of entry.
- 4) Ensure any water or food/sugar sources are not accessible.
- 5) If these steps do not work, notify post pest control to request a consultation for possible courses

of action – 533-2003/3151/1442.

Pests in Arizona are a nuisance, but always a reality. The basic rules of Integrated Pest Management apply regardless of the culprit. Remember, the first steps towards excluding these pests from our buildings are always ours. Eliminate food, water, and shelter - Pesticides are always used as a last resort!

REENLISTMENT, from Page A3

agement." Free tuition is working for the sergeant.

In Iraq, Stokes was stationed near the Syrian border in Al-Ramadi. He told of almost nightly attacks by mortar fire and rocket propelled grenades, "I couldn't sleep the whole first week of that over there ... now I can sleep through anything," he said.

As an administrative specialist, Stokes' daily duties in Iraq included tabulating per-

sonnel accountability reports, processing awards, and other paperwork, but he wanted to get out of the office.

"I started volunteering for missions" he said. "It gave me a chance to get out of the office and see some things."

Some of the missions Stokes volunteered for were being on a general's personal security force and clearing unused artillery rounds from Iraqi Army bunkers.

Among the things Stokes likes about the being in the Army is traveling and meeting different people and making new friends. His immediate goal is to get assigned to a Special Forces group in Japan. All is not rosy though as Stokes related that he doesn't like the new policy of putting all Soldiers on the automatic promotion list to Sergeant, "That list makes the NCO Corps look like a joke," he said.

Talking about the reenlistment, Stokes' supervisor, Staff Sgt. Timothy Cockerham said, "Sgt Stokes did a good thing, he's a good NCO and a good leader. I'm glad to see him stay in."

Stokes credits his supervisor with talking him through the decision to reenlist.

"All NCO's should talk their Soldiers through this process and have them look at all options."

BRIGADE, from Page A6

"In the past they were scared to be one of the Iraqi Army Soldiers so no one from the terrorists would kill them, but now, there are many volunteers," Mohamed said. "I learned from our training that they have high feelings (morale) about their training and they've proved it during the operations that they've had in Dora and

Haifa Street, Abu Dasheer and Karada."

"They may not be as good as American Soldiers today, but one day they will be just as good," Taylor said. "They put their lives on the line every day, either at checkpoints or on patrols, and they are right beside us doing the same things we're doing."

Mohamed said that the Iraqi troops have been successful in these areas because of the U.S. Soldiers training and they will continue to get better.

"I hope the same unit will train the next brigade," he said, "so the new soldiers will receive the highest level of training."

Advertisement

DIVORCE, from Page A4

Program. PREP is known for thorough empirical research. Through PREP findings, Army chaplains are educating Soldiers and their families with coping skills and the skills needed to make a marriage successful. Chaplains have established several programs and services in the Army that are designed to help couples manage stresses associated with the military lifestyle. Bloomstrom said all of the programs focus on three primary areas: awareness, attitudes, and skills.

The Building Strong and Ready Families program “was the first marriage education program that was systematically and systematically implemented in the Army,” said Bloomstrom, who has been involved with the program since its origin in 1999. BSRF was first established at Hawaii’s 25th Infantry Division Artillery.

BSRF is not marriage counseling, said Bloomstrom. It is marriage education. As stated in the 2002 Executive Summary interim report of BSRF, “While the Army has developed and deployed numerous programs to treat and respond to family and couple issues, the strengths

in the underlying design of BSRF lie in a focus on prevention rather than reactive, crisis management.”

Retreats for couples in BSRF are called Strong Bonds retreats. This year, there are about 600 retreats scheduled Army-wide, each with 20 to 50 couples attending. For Army Reserve and National Guard Soldiers, there are weekend retreats. Active component Soldiers have one-day events and overnight retreats. All U.S. states/territories have an event scheduled. Soldiers and their spouses can contact their State Family Program Office to find out what is being offered in that state.

Chaplains and chaplain assistants are also available to assist Soldiers wanting to talk.

“They have a relationship usually with that unit,” Bloomstrom said of battalion and brigade chaplains. “There is a real benefit having them involved, as opposed to someone you don’t know.”

Scheider mentioned that Soldiers also trust the unit chaplains because of the confidential communication.

There has been a doubling of total Army divorces from the 2000 fiscal year to the 2004 fiscal year – an increase of nearly 5,000 divorces over this period. A year before September 11, total active-duty Army divorces were at 5,658 among 255,353 marriages. Divorces rose a year later to 7,049 from 248,180 marriages.

Still, these statistics can be misleading. Bloomstrom explains that if it is a dual military couple, the divorce counts twice. He also said the statistics do not take into account if these soldiers are married and divorcing for a second time. He points out that normally, couples face a 50-50 chance of their marriage surviving. Couples in their second marriage face a 60-70 percent chance of their marriage ending in divorce. Bloomstrom said that the Army needs to focus on its well-being.

“We recruit a Soldier, and retain a family,” he said. “We need to listen to the other part of the fighting force which is the family that stays home and supports the Soldiers.”

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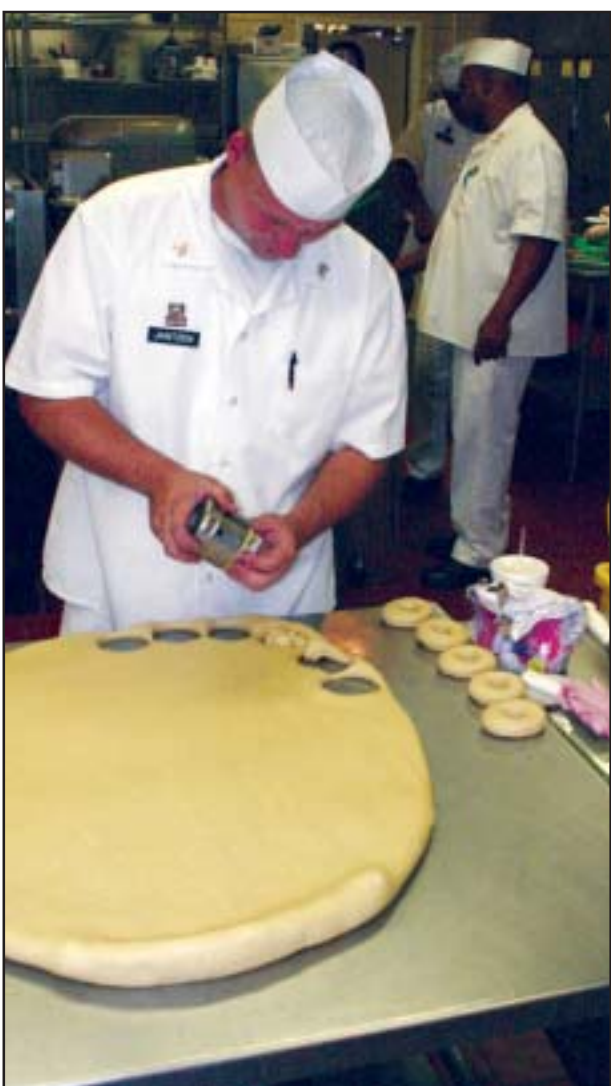
A day in the life of...



Left: Soldiers assigned to the Thunderbird Dining Facility work the serving lines during breakfast. Bottom left: Sgt. James Jentzen prepares doughnuts for dessert. Bottom center: Spc. Joseph Dinuzzo carries some cool treats out to the serving line. Bottom right: Spc. Joshua O'Hare grades up some fresh vegetables.

**PHOTOS BY
SPC. MARCUS BUTLER**

The "A day in the life of ..." feature covers interesting people, places and things around post. If you have suggestions for "A day in the life of ..." photo feature, please submit to thescout@hua.army.mil.



post dining facilities



Left: Pvt. Marlune Zimmerman prepares hot pockets for diners. Right: Pfc. Tiffany Fodor serves food to hungry Soldiers. Bottom: The Thunderbird Dining Facility has one mission, serving the Soldiers. Below: A Soldier brews fresh tea.

Post dining facilities have but one mission; serving the Soldiers



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Service News



U.S. Navy photo by Photographer's Mate 3rd Class Aaron E. Hampton

Top gun

A pilot and weapons systems operator, assigned to the "Black Knights" of Strike Fighter Squadron One Five Four wait for the call to start the engines of their F/A-18F Super Hornet on the flight deck aboard the Nimitz-class aircraft carrier USS Carl Vinson. The Carl Vinson Carrier Strike Group is currently deployed to the 5th Fleet area of operations. Vinson will end its deployment with a homeport shift to Norfolk, Va., and commence a three-year refuel and complex overhaul.

Advertisement

Ultimate sacrifice paid in support of OIF

Sgt. Deyson K. Cariaga, 20, of Honolulu, Hawaii, died Friday, in Al Hammadi, Iraq, when the HMMWV in which he was riding struck a land mine. Cariaga was assigned to the Army National Guard's 229th Military Intelligence Company, 29th Separate Infantry Brigade, Oahu, Kalaheo, Hawaii.

Spc. Christopher W. Dickison, 26, of Seattle, Wa., died July 5, in Baqubah, Iraq, when an improvised explosive device detonated near his patrol.

Dickison was assigned to the Army's 2nd Battalion, 34th Armor Regiment, 1st Infantry Division, Fort Riley, Kan.

Pvt. Anthony M. Mazzarella, 22, of Blue Springs, Mo., died July 5, in Taji, Iraq, when the HMMWV in which he was riding accidentally rolled over. Mazzarella was assigned to the Army's 1st Battalion, 13th Armor Regiment, 1st Armor Division, Fort Riley, Kan.

Two Soldiers who were supporting Operation Iraqi Freedom died on July 5, in Baghdad, Iraq, when an improvised explosive device detonated near their

HMMWV during patrol operations. Both soldiers were assigned to 3rd Squadron, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Killed were:

Staff Sgt. Scottie L. Bright, 36, of Jackson, Miss.

Cpl. Lyle J. Cambridge, 23, of Shiprock, N.M.

Staff Sgt. Jeremy A. Brown, 26, of Mabscott, W.Va., died July 3 in Mosul Iraq, from injuries sustained earlier that day in Tal Afar, Iraq, where the HMMWV in which he was riding accidentally rolled over. Brown was assigned to the Army's 66th Military Intelligence Company, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Sgt. Chad M. Mercer, 25, of Waycross, Ga., died June 30 in Baghdad where his M2A2 Bradley Fighting Vehicle rolled over while conducting combat operations. Mercer was assigned to the Army National Guard's 2nd Battalion, 121st Infantry Regiment, Fitzgerald, Ga.

Two Sailors who were supporting Operation Enduring Freedom died while conducting counter-terrorism operations in Kunar Province, Afghanistan. Coalition forces located the service members while conducting a combat search and rescue operation July 4 in Kunar Province. Both sailors' whereabouts had been unknown since June 28..

Killed were:

Petty Officer 2nd Class Danny P. Dietz, 25, of Littleton, Colo. Dietz was assigned to SEAL Delivery Vehicle Team Two, Virginia Beach, Va.

Lt. Michael P. Murphy, 29, of Patchogue, N.Y. Murphy was assigned to SEAL Delivery Vehicle Team One, Pearl Harbor, Hawaii.

Spc. Rafael A. Carrillo, Jr., 21, of Boys Ranch, Texas, died June 28 in Baghdad where an enemy mortar detonated near his HMMWV. Carrillo was assigned to the Army's 1st Battalion, 64th Armor Regiment, 3rd Infantry Division, Fort Stewart, Ga.



Advertisement

Deadline to sign up for Military Idol Competition is July 22

Army MWR, in the tradition of the "American Idol" television series, is looking for contestants for the first Military Idol Competition. Active duty amateur vocalists are invited to submit applications to their local MWR organization no later than July 22. Other talents, (musician, dancer, comedian, etc.) do not qualify for this competition.

Applications and contest rules are available online at www.militaryidol.com. They are also available at Thunder Mountain Activity Centre and Time Out.

Locally, active duty personnel stationed at Fort Huachuca, from all branches of the service, are eligible. The first local competition will be held Aug. 5 at Time Out.

A panel of three judges will determine who moves forward from the elimination round. Rounds 2 through the semi-finals will be determined by the judges; however, audience votes will make up 50 percent of the determination as to who moves on to the semi-finals.

At the installation level, the following prizes will be awarded: 3rd place, \$100; 2nd place, \$250; and 1st place, \$500, plus an additional \$500 for the winner's unit. The first place winner at each installation will advance to the national level.

The National Military Idol Competition will be held Oct. 17 - 22 at Fort Gordon, Ga.

At the national level, the following prizes will be awarded: 3rd place, \$250; 2nd place, \$500; and 1st

place, \$1000. The first place winner will become the "Ambassador" of Army Entertainment for the year.

For more information, call Marvin Wooten at 533-3802, the Thunder Mountain Activity Centre, or Saul Caraballo, 266-1666.



40-Frame Game Tournament

Desert Lanes is holding a 40-frame game individual bowling tournament during July.

For more information about the tournament, call Desert Lanes at 533-2849.

New hours at ITR

The Information, Ticket and Reservations Office has announced the following new hours of operation, effective immediately: 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

The ITR Office is located in Building 70914, at the corner of Irwin and Hunter Streets. For more information, call 533-2404.

Karaoke at Jeannie's Diner

If you're looking for something fun and different to do on weekends, Jeannie's Diner now presents free karaoke 7 - 9:30 p.m., every Friday and Saturday. It's open to everyone, and there will be prizes and goodies for the high karaoke score each night.

For more information, call 533-5759.

Soldier Day is Sundays at Irwin Pool

Every Sunday throughout the remainder of July is "Soldier Day" at Irwin Pool. From 11 a.m. to 7 p.m., Sundays, adults can swim for \$1.50 and children for 75 cents.

Irwin Pool's summer hours are: 11 a.m. - 7 p.m., Monday, Thursday, Friday, Saturday and Sunday. Irwin Pool is closed Tuesdays and Wednesdays. For more information, call 538-3853.

Quarterly Volunteer Award Ceremony

The Army volunteer coordinator will hold the 3rd Quarter Volunteer Awards Ceremony, 4:30 p.m., Wednesday at Thunder Mountain Activity Centre.

Call Army Community Service at 533-2330 to R.S.V.P. or for more information.

Volunteer management training

The Army volunteer coordinator will offer Volunteer Management Training, 1 - 2 p.m., July 21 at the Army Community Service, Building 50010. The class is open to anyone who oversees volunteers and is interested in attending.

For more information or to register, call 533-2330.

Special trail ride at Buffalo Corral

Buffalo Corral will offer a special combined sunset/moonlight trail ride, 7 - 9:30 p.m., July 21. Cost is \$17 per person for the two and one-half hour ride. Reservations and pre-payment are required by close of business Sunday before the ride.

For more information, call 533-5220.

Irwin Pool to close for triathlon

Irwin Pool will close at noon, July 22, to prepare for the Steelhead Triathlon. The pool will re-open at noon, July 23.

For more information, call 533-3853.

Photo session for families of deployed, soon-to-be deployed Soldiers

In order to show appreciation for the efforts of deployed Soldiers and their family members, MWR will offer a photo session for family members of deployed or soon-to-be-deployed Soldiers at the reduced cost of \$10 per session. The cost includes processing, 10 photos and a CD, (normally priced at \$25).

The session will take place 1 - 4 p.m., July 23 at the MWR Arts Center, Building 52008 on Arizona Street.

Reservations are required by calling the Arts Center at 533-2015.

Steelhead Triathlon set for July 23

The Sports and Fitness branch of MWR will hold

the Steelhead Triathlon starting at 6 a.m., July 23 at Irwin Pool. Entry forms are available now at Barnes Field House, or online at www.active.com. Entries are due by Tuesday.

The course will include an 800-yard pool swim, a 13-mile bike ride on a paved course, and a 3.1-mile run on a paved road.

Packets may be picked up beginning July 21 at Barnes Field House, or at Irwin Pool on race day.

The Steelhead Triathlon is the first event in the multi-sport summer series. The 2-10-2 Biathlon is scheduled for Aug. 20. This event consists of a two-mile run, a 10-mile bike ride and another two-mile run.

The Reservoir Hill 10-Kilometer Run, which is set for Sept. 24, will complete the series.

The sports series is open to all authorized MWR patrons. Both male and female athletes, individuals or teams, are invited to participate in one or more of the scheduled events.

For more information, including fees for the various events, call Karlie Hale or Ron Ellsworth at 533-3858 or 533-5031.

B.O.S.S. to hold car wash July 24

Better Opportunities for Single Soldiers (B.O.S.S.) will hold a car wash fundraiser 11 a.m. - 1 p.m., July 24 in the parking lot of Sonic Drive-In, Fry Boulevard, Sierra Vista. Donations will go toward supporting B.O.S. S. programs.

For more information, call SPC Edward Malcolm at 533-5731.

ACS to celebrate 40th birthday

Army Community Service will celebrate the organization's 40th birthday with an open house, 10 a.m. - 2 p.m., July 28, at the ACS Building 50010.

There will be free cake, popcorn, punch and games. Everyone is welcome.

For more information, call ACS at 533-2330.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com



Movies

Crash plays at 7 p.m. today at Cochise Theater. For the complete listing of this week's movies, see Page 28.



Photo by Spc. Marcus Butler

Speed racers

8-year-old, Michael Mancha (right), and 7-year-old Andrew O'Mara check out the inside of a NASCAR simulator on display at the Fort Huachuca Commissary. The simulator was set up for the promotion of NASCAR and cleaning products for sale at the commissary.

Two soldiers place at the Grand Canyon games

SCOUT REPORTS

Two Fort Huachuca soldiers placed in the judo event of the Grand Canyon State Games last month.

The games are a multi-sport Olympic festival for Arizona amateur athletes of all ages and abilities. They're organized by the Arizona Sports Council and are affiliated with 37 other state games throughout the United States. They are sanctioned by the U.S. Olympic Committee through the National Congress of State Games.

The event seeks to provide Arizonans with an avenue for personal development through sports," according to the Web site www.gcsg.org.

Anthony Clemente and Adam Boyd, both Military Intelligence Captains' Career Course instructors from A Company, 304th MI Battalion, placed in their respective divisions. Both soldiers were representing the Red Mountain Judo Club and the Kodokan of Sierra Vista.

Judo is similar to wrestling in that it has throws and pinning, but differs

in that the competitors wear a uniform (called a "gi"), and choking and arm locks are also allowed. Judo matches last five minutes; and the sport has been contested in the Olympics since 1964.

After nine matches, Clemente placed first in the novice light heavyweight division. With a wrestling and Brazilian jujitsu background, Tony only started training in judo a month prior to the tournament.

Boyd began training in judo in 1978, and holds a third degree black belt in the art. He won two silver med-

als in the masters heavyweight and in the senior black belt heavyweight division. In both divisions, Boyd lost to George Hartman, currently ranked number 2 in the nation in the 100-kg weight class.

Clemente and Boyd train in judo with Red Mountain Judo Club and in danzan-ryu jujutsu with the Kodokan of Sierra Vista. Both clubs' dojo hold classes at the Oscar Yrun Community Center in Sierra Vista. For more information about either dojo, call Boyd at 533-6551.

'Military Idol' opens competition at 34 Army posts

ARMY NEWS SERVICE

So you think you've got what it takes to be the next Carrie Underwood or Bo Bice? Perhaps you fancy yourself more along the lines of Fantasia or Ruben Studdard. Military Idol will give Soldiers a chance to sing their songs like their American Idol predecessors on 34 Army

installations around the world this summer.

Performers have until July 22 to apply for the competition based on the principles of FOX television's "American Idol" show. Local Military Idol competition will begin Aug. 1 and continue through Sept. 30. Finals week is set for Oct. 17 through 22 when local winners will compete at Alexander Hall on Fort Gordon, Ga.

Could you be the first Military Idol?

Eligible contestants must be on active-duty military status assigned to the local hosting installation, including members of all branches of service assigned on the installation. Active duty Soldiers not assigned to the installation where

See **MILITARY IDOL**, Page B7

Fit For Life

How to avoid heat stress, part two

BY GEORGE R. COLFER PHD
CONTRIBUTING WRITER

(Editor's note: This is a continuation of last week's Fit for Life column.)

When extreme temperatures exist, the first step for prevention or avoidance is to stay out of the heat. Of course, that may not be possible if one has no option. Those involved in military training and operations and those who work out-of-doors would fit the no-choice category. Others exposed by choice would include people involved in physical fitness, exercise, recreation and play activities. In a perfect world, those exposed by choice should never incur heat stress injuries, but the facts tell us different. Within either category there are about five major steps to avoid and prevent heat stress.

1. Acclimate and allow your body to adapt to a warm environment.

It will take anywhere from seven to 10 days for any significant degree of acclimatization to occur. Much may depend on environmental conditions from one place

to another. For example, a Soldier coming from Fort Drum, N.Y. to Fort Huachuca, will have a major climate adjustment. A Marine coming from 29 Palms, Calif., will experience an easier transition. Going from one hot climate to another such as southern Arizona to south Florida will require acclimatization due to Florida's high relative humidity.

Being in good physical condition will ease the adjustment. Regular exercise while gradually increasing intensity and duration will hasten the process. Climate exposure should be limited to about 90 minutes daily with light work or activity to see what tolerance exists. Rest and water breaks are essential within the work/activity cycle. Being away from a hot environment for more than a week will require re-acclimatization.

2. Be sure to drink sufficient water each day.

How much depends upon the person, the environment and situation. The need for increased water consumption for an active person should not be underestimated.

A tolerance to dehydration cannot be built up! Water needs to be available and consumed in small quantities frequently. An estimate for moderate conditions would be to sip about 16 ounces of water per hour. Extreme conditions could require twice the amount. Some experimentation should help determine individual quantities needed.

3. Sodium and mineral replacement also must be considered.

The American diet normally provides more than enough salt on a daily basis. Sports drinks may help some people, but for others may cause stomach upset and these beverages are not appealing unless chilled. One's diet should be sufficient unless heat stress conditions appear in which case the safest method is to supplement with table salt at meals. Salt tablets should only be used when prescribed by a physician.

4. Schedule physical activity for the cooler times of the day.

If this is not possible, activity time should be shortened or limited in intensity and duration. Take frequent water and rest

breaks. In extreme conditions cancel, reschedule or substitute for an indoor activity.

5. Preferred clothing would be loose fitting, lightweight, and light-colored.

There are several hot weather clothing choices that fall into the fast-drying cotton or moisture-wicking variety, which are various polyester blends. They are normally advertised as moisture management or moisture transfer materials that stay dry and breathable when used during strenuous physical exertion. Some types of this clothing are acceptable as military gear. The use of sunscreen (SPF 15 to 30+) will protect against sun and wind burn, but will require frequent reapplications. Lip balm (SPF25) protection is also available.

In summary, no one beats the heat. You learn how to live and survive in it. Along with these five steps in prevention, the best advice is to be prepared, never underestimate the power of heat exposure and always use caution mixed with common sense.

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 45 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout", showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years

since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from the July 14, 1955 "Fort Huachuca Scout"

Five Year Duty For Everyone OK'd By House

Washington (AFPS) - The House has passed a slightly modified version of President Eisenhower's National Reserve Plan. It is designed to build a 2,900,000-man military reserve by 1960.

The program, as passed by the House, would: Exempt men, who were in active service between July 27, 1953-the date of the Korean Truce-from obligation to participate in reserve training.

Provide that men who entered after that date spend at least five years on active duty and in the ready reserve. The extra year would be spent in the inactive reserve.

Enable a maximum of 250,000 youths who have finished high school or are between the ages of 19 and 20 to enlist in the Army, Navy, Marine

Corps, Air Force and Coast Guard reserves for six months of active training followed by seven-and-one-half years in the reserves.

Allow enlistments in the National Guard for men under 18-and-one-half years of age. These enlistees could complete their obligation in eight years if they took six months active duty for training.

Permit six-year enlistments in any of the reserves with the understanding that two of the years would be spent on active duty.

Reservists would be given the choice of taking 48 drills a year and 17 days active duty or 30 days active duty annually. Those who fail to fulfill their reserve obligations are liable for 45 days a year active training.

Six-month trainees who failed to meet reserve obligations could lose their draft deferments and be inducted for 24 months of active service.

The House measure also authorized the President to order up to one million ready reservists to active duty. Congress would have to approve calling any larger number.

"Sewing Machine III? Here's Free Service"

A great service for the ladies - a private offers to fix their broken sewing machines during his free time.

Arizona Tourist

The best of all worlds in Biosphere II

BY NANCY DICKINSON

SCOUT STAFF

If you like warm desert climates, tropical rainforests, marshes, African savannahs and the sound of the ocean surf then a visit to the Biosphere II in Oracle, Ariz., should be on your list of things to do this summer.

Biosphere II is located 30 miles north of Tucson. The site began as a scientific experiment in 1989, was built by a philanthropist out of Texas for studying the possibility of maintaining life on other planets within an enclosed biosphere. For several years, scientists and students associated with the University of Arizona and later Columbia University lived and studied in and around Biosphere II until leaving for good at the end of 2003.

A popular misconception about Biosphere II is its being referred to as the second Biosphere, causing people to think there is a Biosphere I. According to the employees there, it is the second Biosphere with Mother Earth being the first.

The reality of this particular place is that it is a laboratory that has become a tourist attraction. There are a number of buildings that encapsulate the lab; as a biome, greenhouse, energy center or command central. On the property is a quantity

of 450-square foot apartments, which were used as student housing when Columbia University studied there. The grounds have a ghost town feel to them and prevalent is the sense of walking around any corner and seeing someone who should be working or studying there.

The tour guides are very informative, some of them working there as guides since the first tour in 1991. While the experiments were ongoing, tours were conducted outside “the glass” and after the last “biospherean” left in December 2003 the internal tours started.

The tour includes a number of rooms beginning with an introduction at the main entrance, taking you along a walkway past the village of student housing. There is a short break in the kitchen and dining area where some of the history is told and you are given a final chance to get a drink or attend to more personal needs. In the same spot on the tour is an apartment, which housed one of the several scientists, the plant physiology lab, the command room and an empty greenhouse like room, housing at one time the farm used by the scientists to grow their food.

As the tour continues, you are led through the ocean room, complete with the sounds of the surf, the savannah room and the “lungs” of the

experiment. A “lung” is a large piece of rubber acting as a diaphragm that is raised or lowered depending on the temperature inside the Biosphere. Along the walk are some remarkable examples of plant life, and the tour guides will allow guests to stop and take photos. On your way to the “lungs,” you are taken through a series of tunnels underneath the various biomes. The tour guides give a brief discussion regarding the assorted mechanical aspects present in the tunnels. Upon exiting the tunnels, you are taken on a short walk to the outside where you walk past the energy center. The energy center provided all the electrical needs for the experiment until two years ago when it was changed over to the local utility company.

The tour ends with a visit to the Ocean Underwater Viewing room where large windows give you a view of the “ocean” from 25 feet below sea level. In the “ocean” are some beautiful fish and plant life, including sea anemone, swimming and living close enough to the glass that photos are easily taken. In addition, in this room are a number of aquariums and display cases showing a variety of fish and shells taken from the sea.

Upon arrival to the Biosphere, you are given the option of one of two tours; guided, which takes you inside

the glass, or unguided, where you are permitted to walk around the outside only.

The tour of Biosphere II lasts just under an hour with the tour guide encouraging questions along the way. The walking is great; bring your most comfortable shoes. The atmosphere inside the domes is humid so bring lots of water and perhaps something to wipe the sweat from your face. Visitors are prohibited from carrying anything to eat or drink inside the Biosphere but bottled water, and it is recommended by the staff that you bring your own large bottle. It is also strongly suggested by the tour guides that you attend to your personal needs in the kitchen area where there are public lavatories.

There are no real facilities available on the complex due to its being scientific rather than functional. The restaurant is now closed and the snack bar provides little in the way of sustenance because the biosphere is a large laboratory rather than a tourist attraction.

The cost of visiting Biosphere II is \$19.95 for adults and \$13.95 for children. If you would like to call the Biosphere in advance of your visit, the phone number is (520)838-6200. Its Web site, www.bio2.com provides directions from all areas.

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Free concert

The San Pedro River Ramblers Dixieland Jazz Band of the 36th Army Band is performing a FREE concert today at Sierra Vistas Veterans' Memorial Park at 7pm. The Dixie Band plays traditional, New Orleans style jazz. The ensemble is under the direction of trumpet player Staff Sgt. Paul Beuning. The concert will feature jazz standards as well as some modern music surprises. For more information please call 533-8998 and visit us on the web at www.huachuca.army.mil/band.

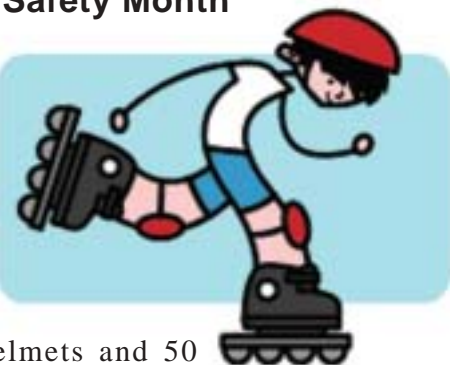
Soccer tryouts

The Sierra Vista Soccer Club Girl's U14 Thunder is holding tryouts at, 5-6:30 p.m. on July 12 and 5-6:30 p.m. on Friday at the Memorial Park. Girls who have not turned 14 before July 31 are invited to tryout. Bring water, shin guards and cleats to the tryouts. For more information, Bill Buttner at 266-3045 or e-mail at buttner@ssvecnet.com, Kevin Keckler at 249-1253 or e-mail at kkeckler@cox.net, or Jim Draeger at 378-9651 or e-mail at jdraeger@cox.net.

Children's Safety Month

RWBAHC will host a youth bike/skate helmet giveaway from 1-3 p.m. on July 22 in front of the health center.

Fifty bike helmets and 50 skate helmets will be given



away on first come, first serve basis. The CRASH team will also be there to perform children's car seat checks. For more information, call 533-5668 or 533-3536.

Coaches' meeting for flag football

The coaches' meeting for 2005 Commander's Cup Flag Football Program will be held at 10 a.m., July 27 at Barnes Field House. Letters of intent, to include coach's name, duty phone and e-mail are due at this meeting.

The flag football season will start Aug. 15. Games will be played at 6, 7 and 8 p.m., Monday – Thursday.

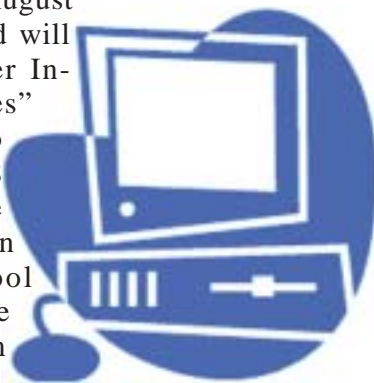
This is a recreational program, open to all authorized MWR patrons. For more information, call George Thompson at 533-0040.

MWR Special

For the month of July, MWR is reducing the fee for renting their charcoal grills to \$15 per day. For more information, call Glenn Barnwell at 533-6707.

Youth computer classes

Beginning on August 15, SkiesUnlimited will present "Computer Instructional Classes" for children, in two ages groups, 5 - 8 and 9 - 18, twice weekly at Johnston Elementary School Computer Lab. The cost of this program is \$50 per month, plus annual CYS membership fee of \$18. Please



call Robin Gabert at 533-0710 for times and dates.

Soccer club sign-up

Sign-up for the Fort Huachuca Youth Soccer Club, for youth ages 4 – 13, will be held Aug. 19 at the Youth Center, Building 49013, or at the Central Registration Office in Murr Community Center, Building 51301. Proof of age and a current physical are required at the time of registration.

Cost of the program is \$40 per child, but families registering multiple players will pay a reduced fee of \$32 for each additional child. Volunteers are needed for the program to act as coaches, assistant coaches, team parents and officials.

For more information on the program or to volunteer, call the Youth Sports Office at 533-8168 or 533-3205.

DAR information workshop

The Daughters of the American Revolution are holding an information workshop to recruit new members for their organization. The sessions will be at 4-6 p.m. and at 6:30-8:30 p.m. on August 24 at the Mona Bishop Room in the Sierra Vista Public Library. The sessions are open to the public and refreshments will be provided.

For more information, call Sallie Lovorn at 432-6671 (e-mail at lovorn246@aol.com) or Carol Rilling at 378-2010 (e-mail at rilling@c2i2.com).

Summer sale

The Huachuca Museum Gift Shop is holding a summer sale (15 percent off all items priced \$5.00 and up) for the month of July. Other items that are marked in red do not get additional mark down. The gift shop is open Monday thru Friday 9 a.m. to 4 p.m. and Saturday and Sunday 1 p.m. to 4 p.m.

Pets Of The Week



Sasha is a 12-week-old female, Tortoise Shell kitten.



Snow White is a female, Albino domestic rabbit of unknown age.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuacupetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

Crash
R

Friday -7 p.m.

Sisterhood of the Travelling Pants
PG-13

Saturday -7 p.m.

Cinderella Man
PG

Sunday -2 p.m.

Madagascar
PG

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



MILITARY IDOL, from Page B1
they will compete also are eligible, but they must provide their own transportation.

Only vocalists need apply – there's no place in this contest for musicians, comedians, dancers, jugglers, etc.

The Army-wide winner will receive \$1,000. Each installation-level winner gets \$500 and temporary duty costs covered to compete in the Army-wide finals, along with \$500 in unit funds. Second-place installation-level performers will receive \$250, and third-place installation-level performers will receive \$100.

The Pentagon Channel is scheduled to air a 90-minute live broadcast of the Military Idol finals.

Competition dates complete rules and additional information is available at www.militaryidol.com.

Ask the Dietitian

Do energy drinks really work?

BY CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Red Bull, Adrenaline, Piranha, Rock Star, Pit Bull, Monster. No, these aren't the names of the Pro Rodeo Circuit bulls. These are all part of the multi-million dollar industry of energy drinks.

Some claim to boost your energy, speed up your metabolism, and improve physical performance. Others promise to increase your brain function and help you concentrate. What's the truth behind these drinks with a "punch?"

First, most are loaded with caffeine. In fact, the average drink contains the same amount of caffeine in one cup of coffee or two cans of soda. That so called "energy boost" comes from the

caffeine and can quickly wear off. Caffeine can also slow down the body's ability to absorb water which can affect hydration status as well.

The next big concern with these drinks is the amount of sugar. Most contain approximately eight teaspoons of sugar for every eight ounces. That's between 100-160 calories per serving! Think of these energy drinks as "hyped sodas."

Look at the labels. Note some of the ingredients in addition to sugar and caffeine. Herbs are common ingredients used to boost that "energy" feeling. Most intensify the effects of the caffeine. Chances are, if you have difficulty pronouncing the ingredients; think twice before downing a can.

Don't confuse sports drinks with energy drinks.

Sports drinks like Powerade or Gatorade do not contain caffeine or herbs. These are fluid replacement drinks for people who exercise strenuously for more than 60 minutes at a time. Research supports sports drinks. There is lack of research to support any claims put on the cans of energy drinks.

And last but not least, price. At an average cost of \$2 per can, is it really worth it? Eat right, stay hydrated and enjoy great health, your body will thank you for it. Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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